HeartMate 3™ LVAD ACHD Journey

**All patients are unique and may not follow the path exactly as shown. Some steps will need to be determined by your care team and/or some may not apply.*

Getting started

1 VAD consult

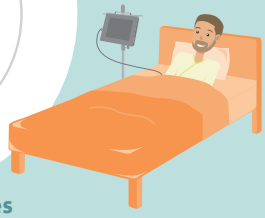
2 Learn about the VAD and meet your care team

3 VAD Surgery

4 Start blood thinning medicines and work toward goal level

5 Remove the breathing tube

Get out of bed and get stronger



6 Transition off of IV medicines

Important milestone

Transfer ready: VAD settings and medicine levels stable*

7 Transition out of ICU to step down care*

A lot to learn

8 Learn about your VAD equipment

Device training: getting ready for school/work*

9 Sterile dressing changes

10 Learn your medicines

11 Learn how to measure blood pressure with a Doppler*

12 Packing a "go bag"

13 Pick up prescriptions and fill pill box

Practice VAD self-care and hygiene

14 Caregivers demonstrate competencies

15 Home assessment*

Almost there

16 Excursions* *(cafeteria, store, home, etc..)*

17 Home therapies and nursing arranged*

18 Local EMS/ fire/utilities contacted to update info*

Organize your calendar

19 Follow-ups scheduled (lab, rehab, clinic)*

20 Patient and caregiver ready – transition out of the hospital*

Another big milestone

21 Returning to life, improved quality of life*

Hobbies, working out/cardio per care provider instruction, dining out, etc.

22 Back to college/work*

23 When safely allowed, resume driving*

24 Enjoy life as your journey continues